

Dishwasher Exercise

Purpose: To improve your balance when moving your head and neck

Starting position: Stand comfortably with your feet hip width apart. Position yourself facing the coloured numbers worksheet on the wall and have the coloured letters worksheet positioned to the right or left of your body on the seat of a chair.

Exercise: Find and touch the letters and numbers in order (A -1, B-2, C-3...) on the coloured worksheets reaching across your body. Move your head and neck together quickly as you turn and bend down to touch the letter or number on the seat. Then return your head and neck to the starting position quickly and find next letter/number on coloured sheet on wall. Repeat this on both the right and left sides of your body. Do as many repetitions as you are able to tolerate and let your symptoms be your guide.

How to make it easier: Place the coloured numbers worksheet on the backrest of the seat to decrease the distance you have to move your head and neck. Or, start with the same worksheet on the floor and on the wall. You can also move slower.

How to make it harder: Place the coloured worksheet on the floor to increase the change in head and neck position. You can also increase speed of movements or try standing on one leg. Add a brain challenge task. Think of a word that starts with each letter or go backwards through the letters and numbers.